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Nourishment

EWG SHOPPING GUIDE - www.ewg.org

The Environmental Working Group, EWG, signature Dirty Dozen™ list of foods most commonly contaminated with pesticides. EWG's Clean Fifteen™ list shows foods least likely to be tainted with pesticides.

The most contaminated fruits are apples, strawberries, grapes, peaches and imported nectarines. The most contaminated vegetables are celery, spinach, sweet bell peppers, cucumbers, potatoes, cherry tomatoes and hot peppers.

WASHING NON-ORGANIC PRODUCE: If you must buy conventional Dirty Dozen produce, fill sink or large bowl with filtered water and let produce sit in one of the solutions below for 20 minutes, then rinse. Here are a few options to diminish the pesticides:

1. 1 Tablespoon lemon juice (natural disinfectant) with 2 Tablespoons baking soda (neutralizes pH)
2. 1/4 cup vinegar (cleans and neutralizes) with 2 Tablespoons salt (draws out dirt and insects)
3. 1 Tablespoon lemon juice with 2 Tablespoons vinegar

Dirty Dozen
ALWAYS BUY ORGANIC

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes
- Hot peppers
- Nectarines - imported
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell peppers
- Kale / collard greens
- Summer squash

Clean Fifteen
OK TO BUY CONVENTIONAL

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Sweet Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangos
- Mushrooms
- Onions
- Papayas
- Pineapples
- Sweet peas - frozen
- Sweet potatoes

